GolfSense User Guide

Instructional guide for GolfSense sensor device

GolfSense, Inc. www.golfsense.me

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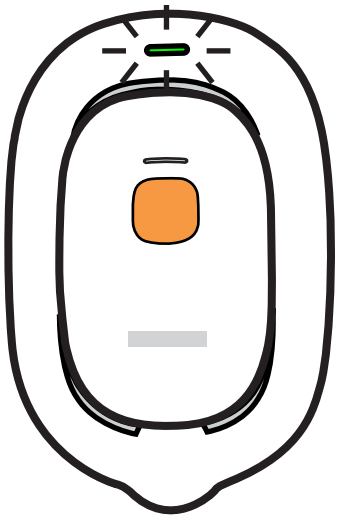
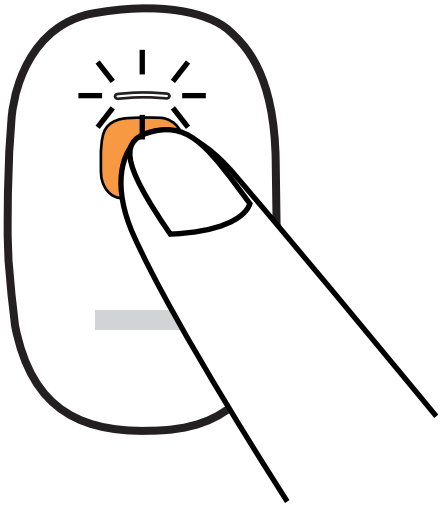
Turning on GolfSense

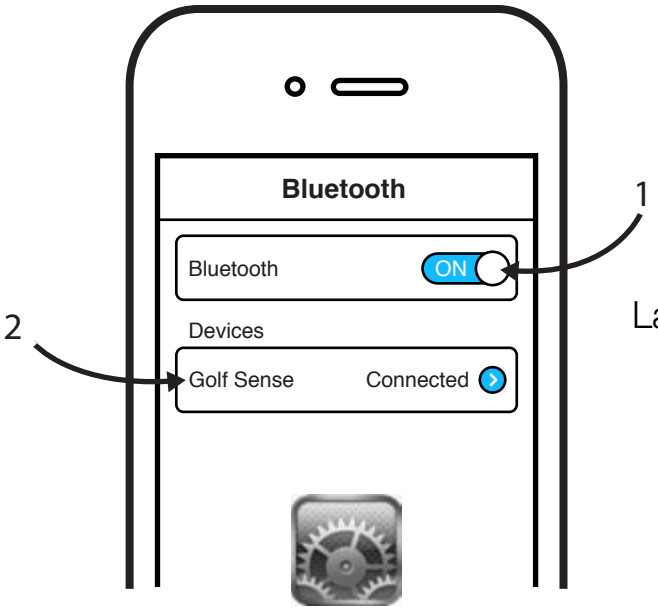


Charge till light turns green.



Hold for 3 seconds to power on GolfSense device

First Time App Use

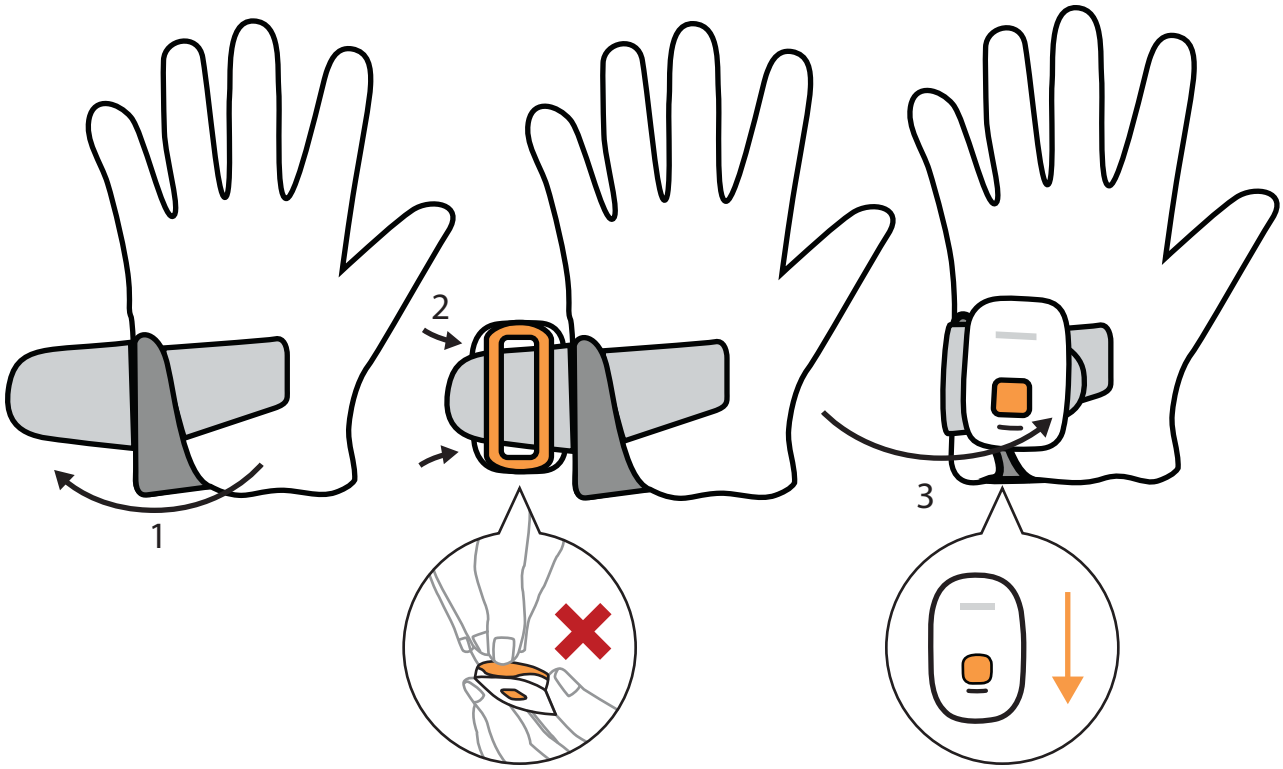


Launch iPhone Settings, turn on Bluetooth, when you see GolfSense appear, tap it to connect.

Launch GolfSense app, tap ***Register*** to create your account.

Attaching GolfSense to your glove

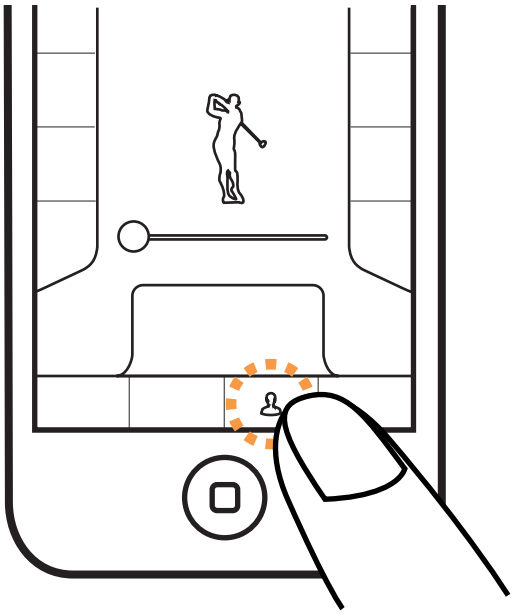
Caution: *Rubber belt is not removable!*



1. Undo velcro strap
2. Slide strap in between rubber belt and device
3. Put on glove and pull velcro strap closed

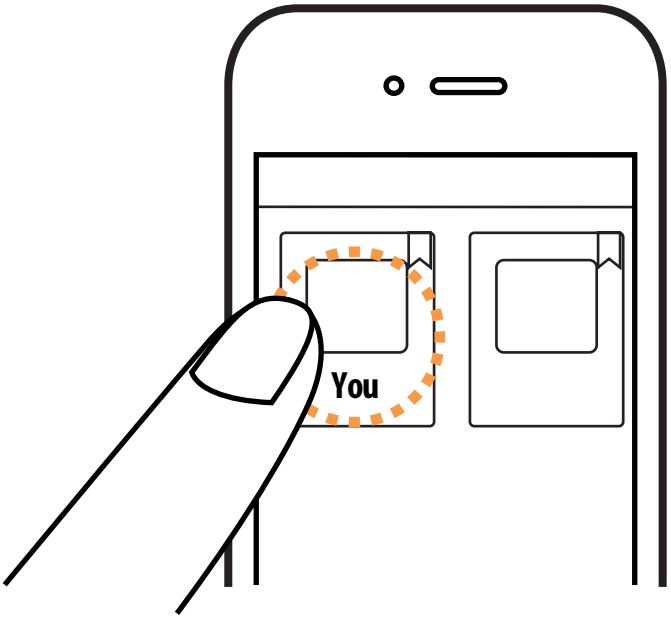
Setting up Your Account

Update your account and customize your clubs in order to get more accurate data from your GolfSense sensor.

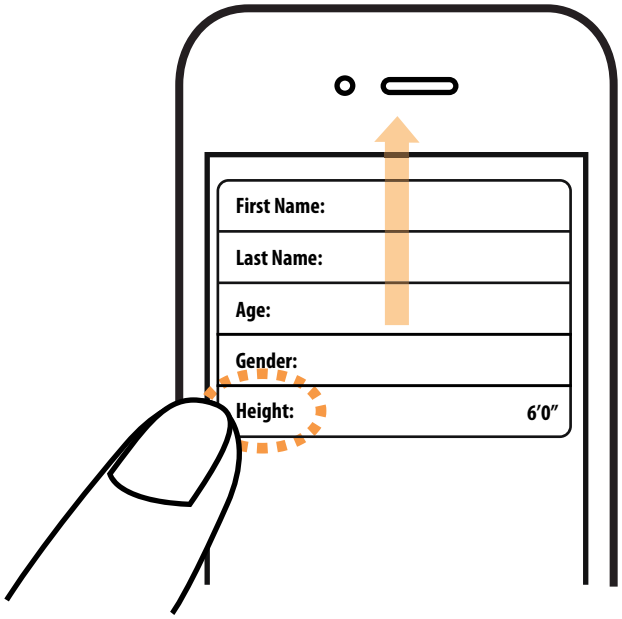


Tap *Account* to enter account selection page.

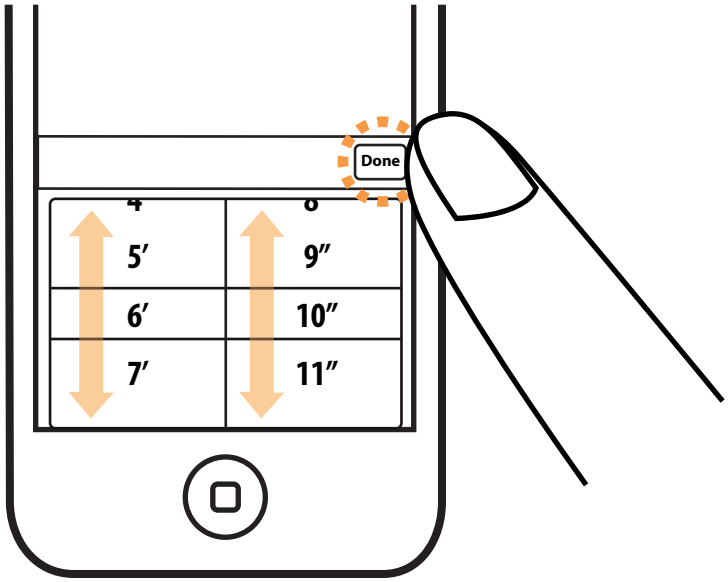
Increase accuracy by inputting your height.



Tap your name to enter your account page.

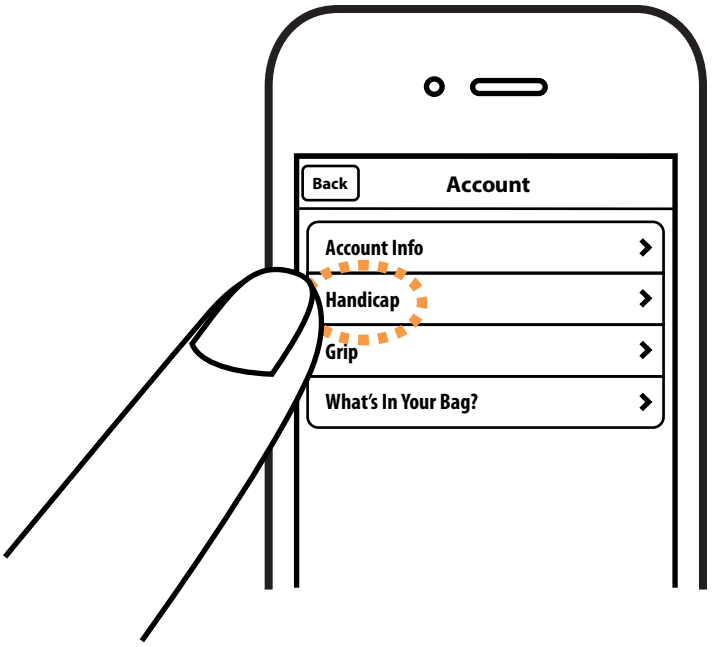


Slide up and tap *Height*.



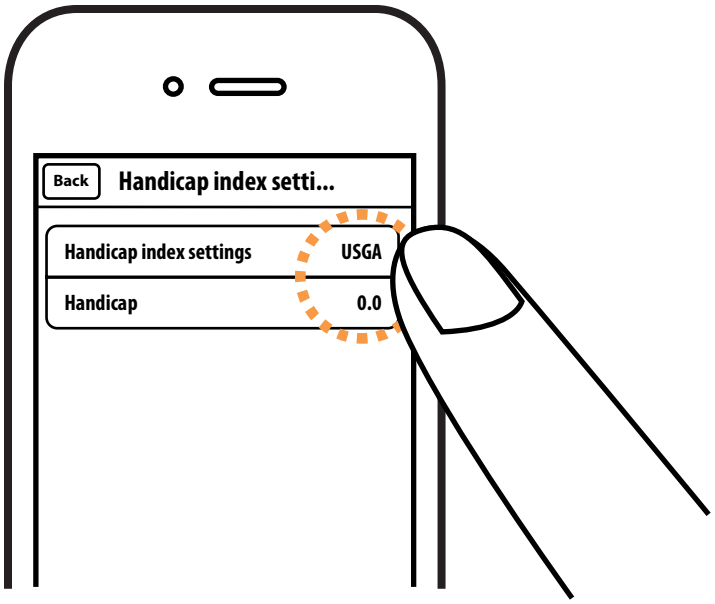
Select your height then tap *Done*.

Increase accuracy by inputting your Handicap.

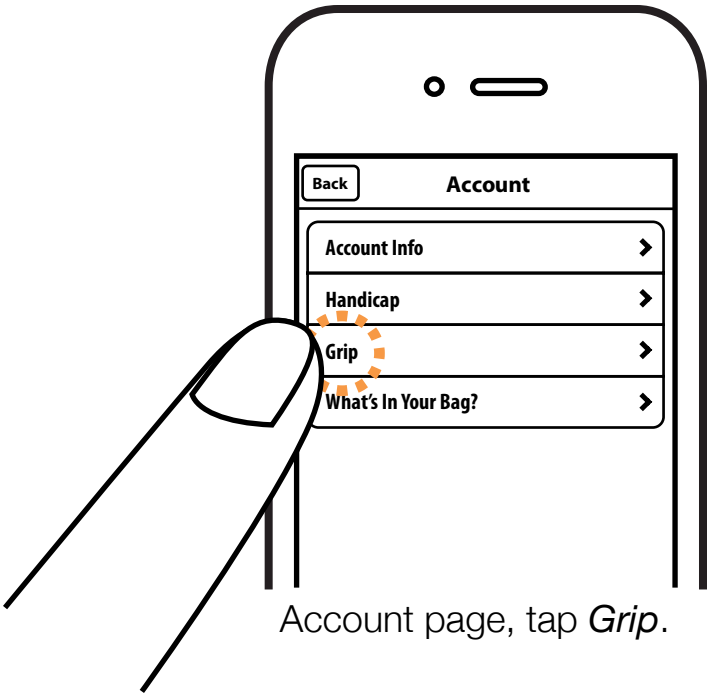


Under Account, tap *Handicap*.

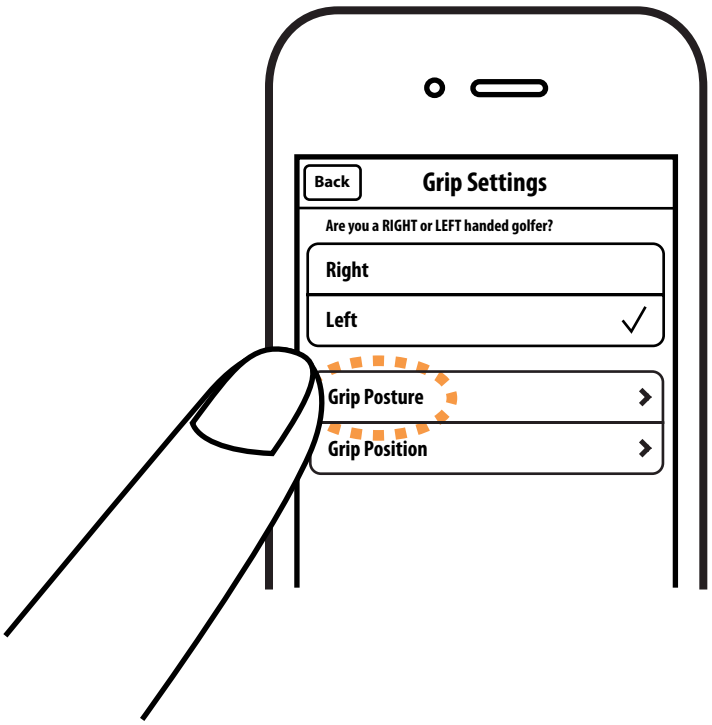
Tap to input your Handicap index and number.



Increase accuracy by changing your grip habit.

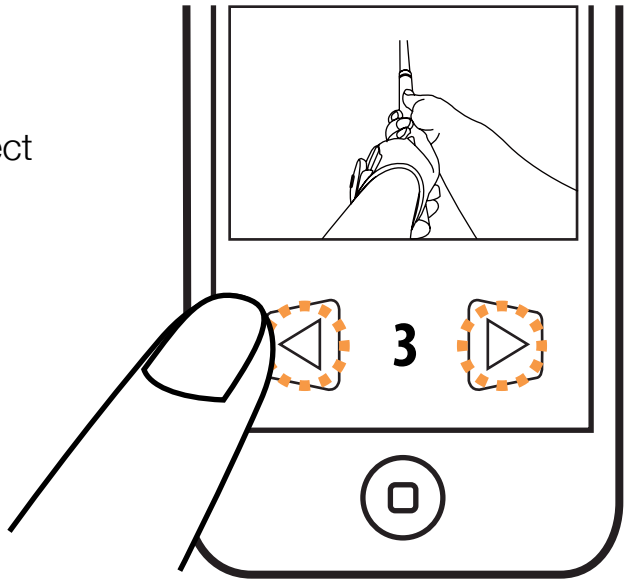


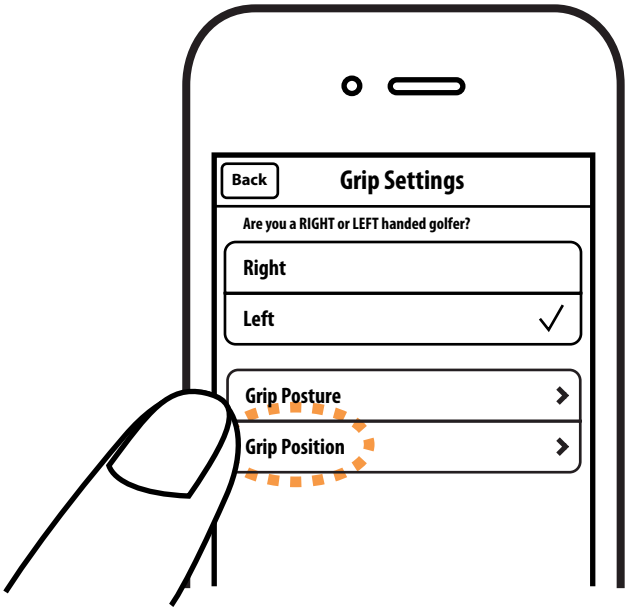
Account page, tap *Grip*.



Tap *Grip Posture*.

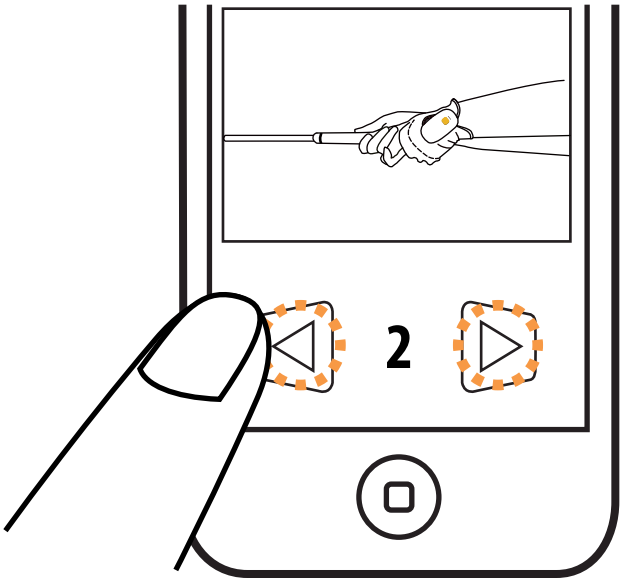
Tap Left or Right arrow to select your grip posture.



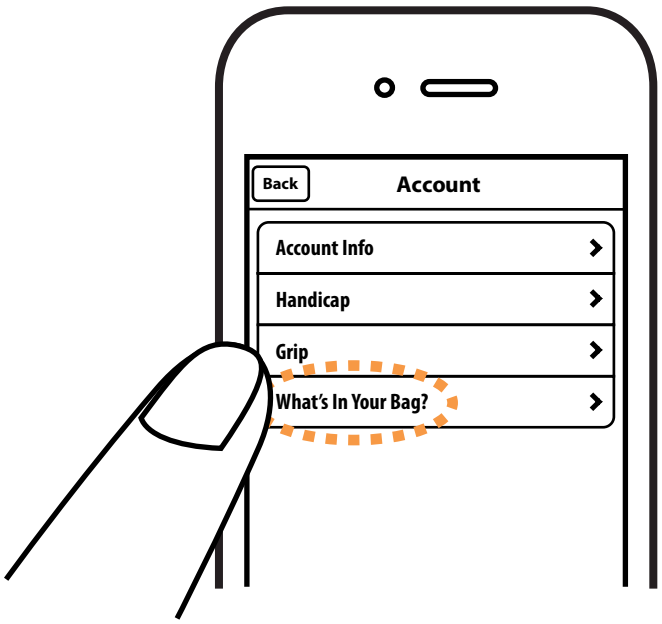


Tap *Grip Position*.

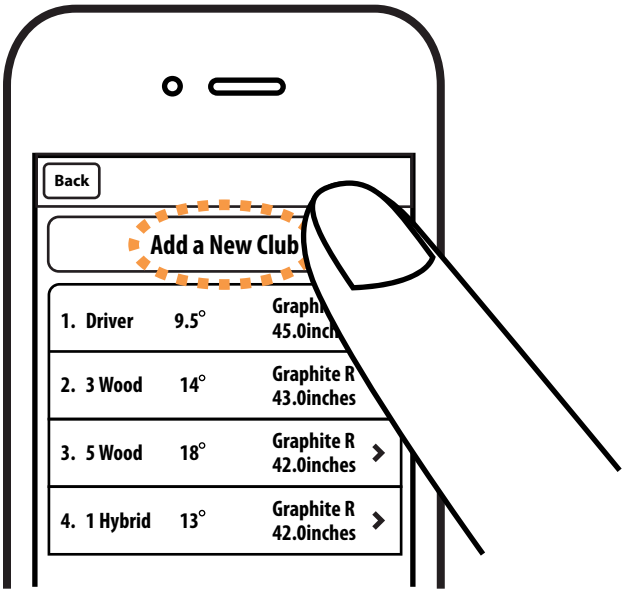
Tap Left or Right arrow to select your grip position.



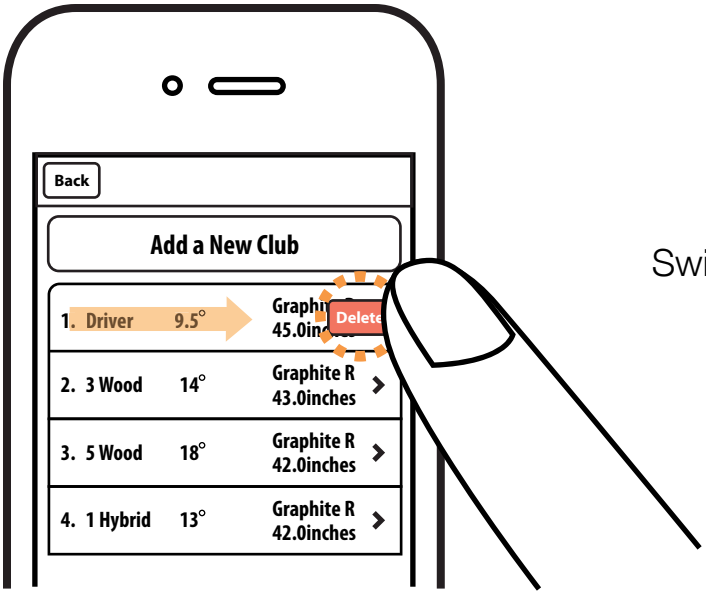
Increase accuracy by customizing your clubs.



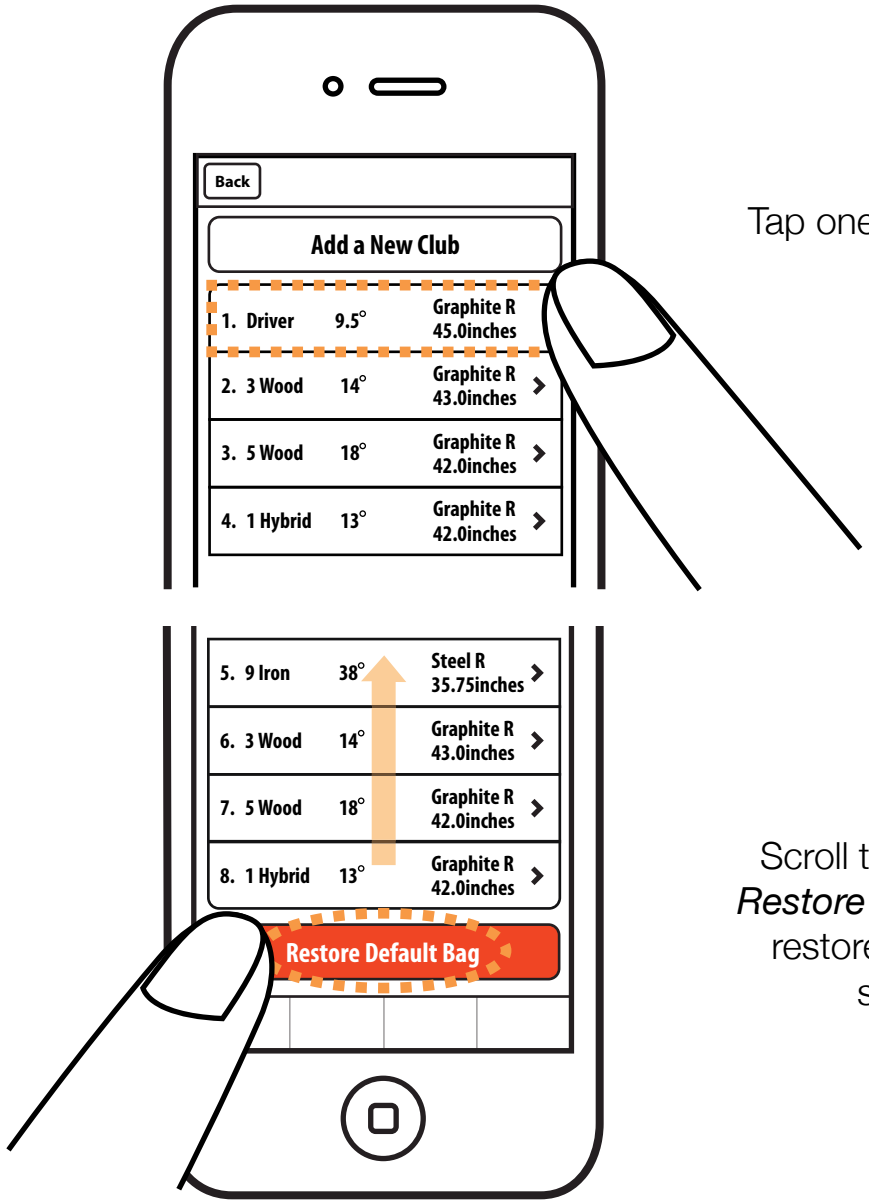
Account page, tap *What's in Your Bag?*



Tap *Add a New Club* to add a custom club.



Swipe left to right to *Delete* unnecessary clubs.

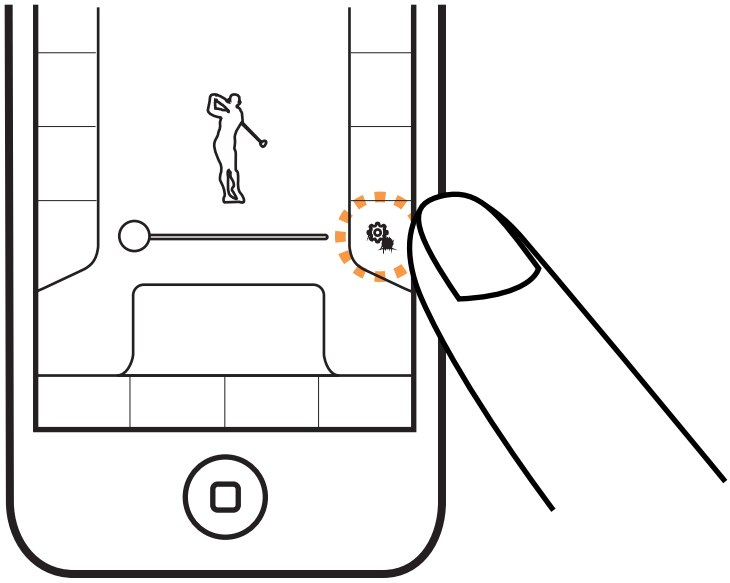

Back
Add a New Club
1. Driver 9.5° Graphite R 45.0inches
2. 3 Wood 14° Graphite R 43.0inches
3. 5 Wood 18° Graphite R 42.0inches
4. 1 Hybrid 13° Graphite R 42.0inches
5. 9 Iron 38° Steel R 35.75inches
6. 3 Wood 14° Graphite R 43.0inches
7. 5 Wood 18° Graphite R 42.0inches
8. 1 Hybrid 13° Graphite R 42.0inches
Restore Default Bag

Tap one club to edit it.

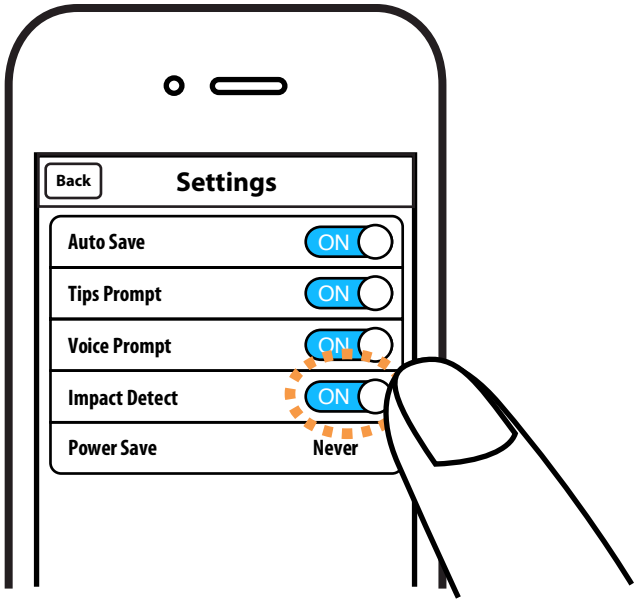
Scroll to bottom, tap ***Restore Default Bag*** to restore default club settings.

Increase accuracy by turning on impact detect.

Tap *Settings*.



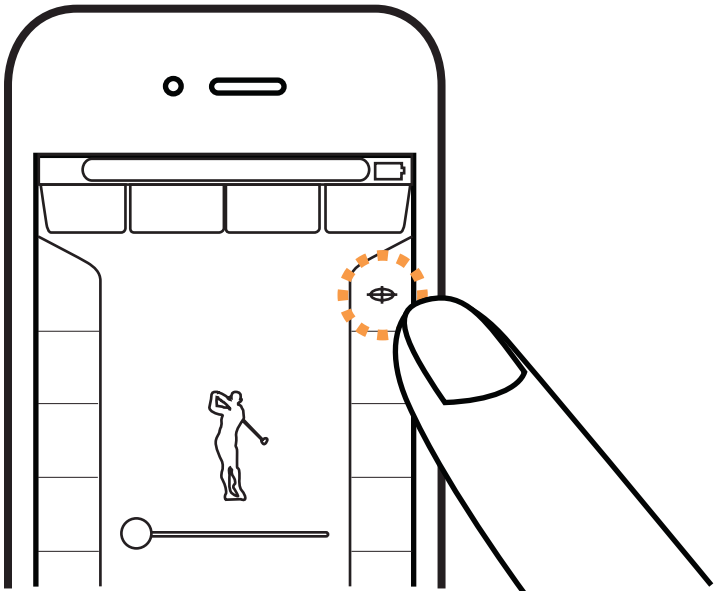
Switch Impact Detect to *On*.



Get Ready to Swing

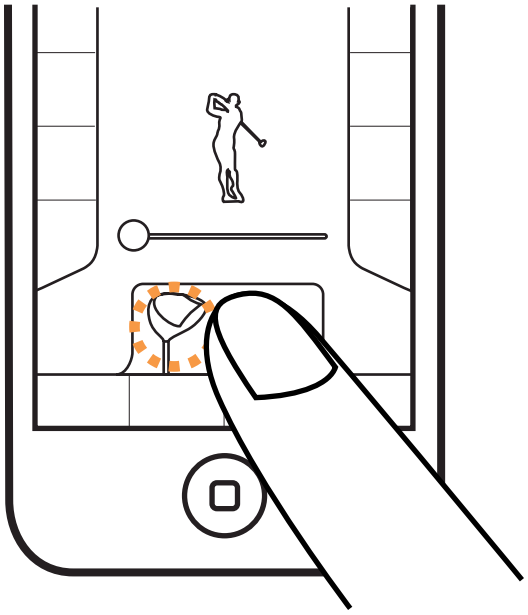
Calibration

For ***maximum accuracy***, do this daily before starting a new session of swings.

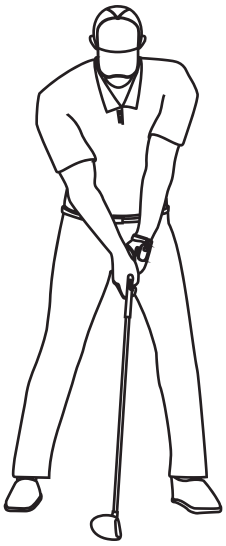


Tap ***Calibrate*** to calibrate your GolfSense device. Follow the on screen prompts.

Calibrate device while standing in address.



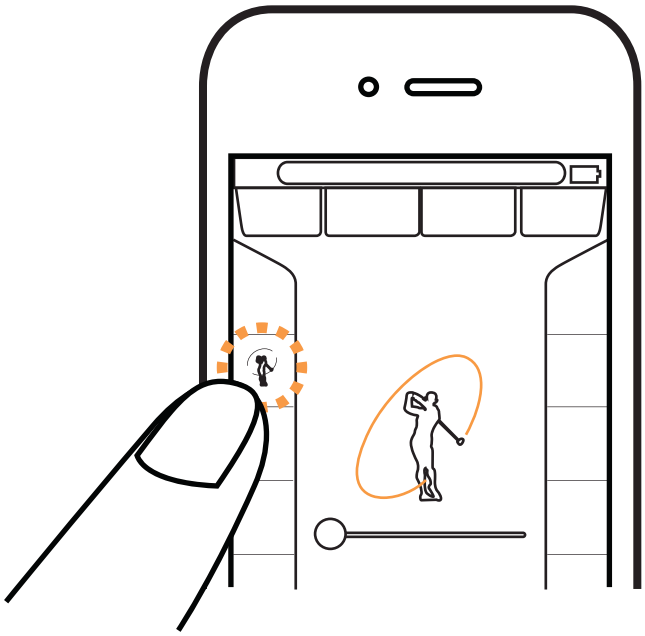
Tap the club icon to change clubs.



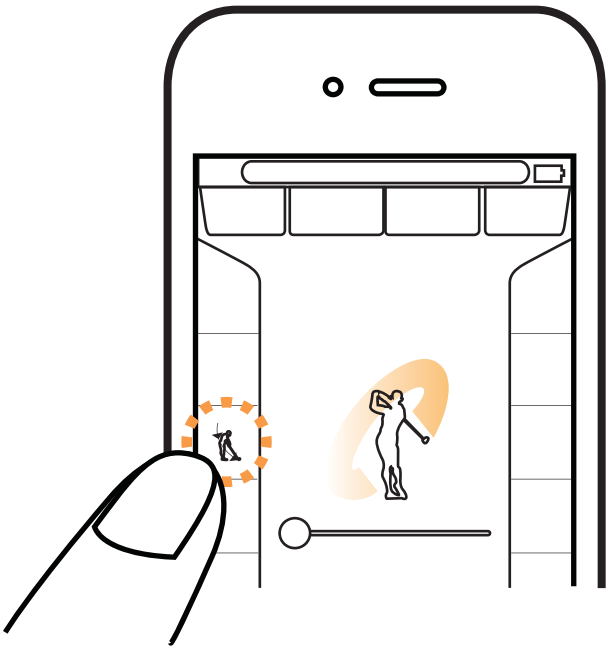
Hold in address for 1 second, then you can swing.

Wait to see your swing result.

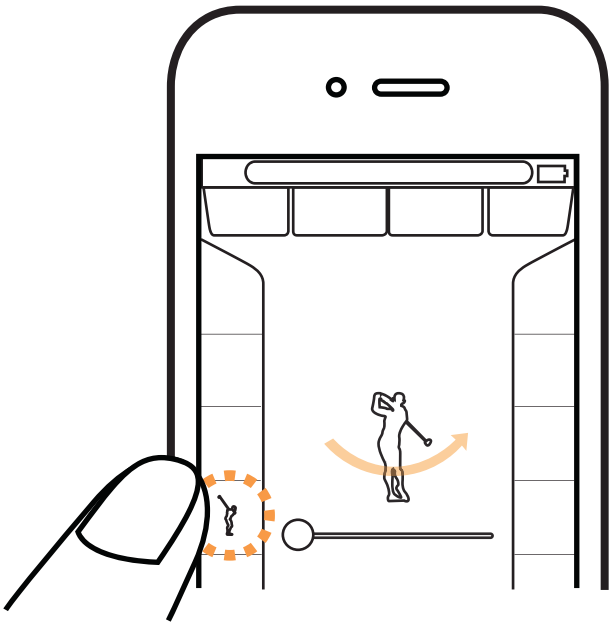
Swing Page / GolfSense App Homepage



Tap to switch between viewing ***Swing Plane*** and ***Swing Path***.

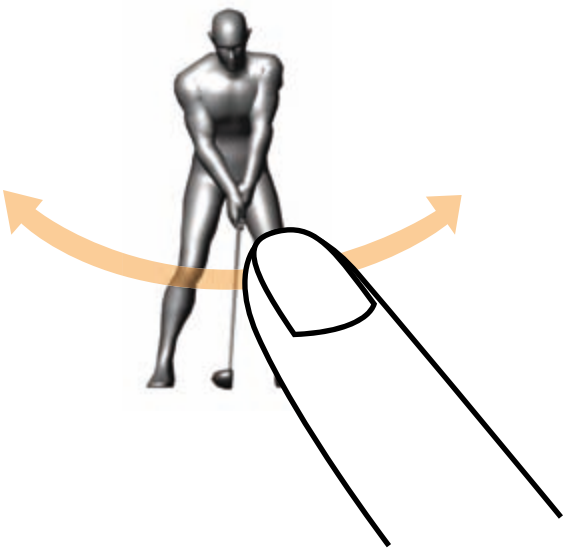


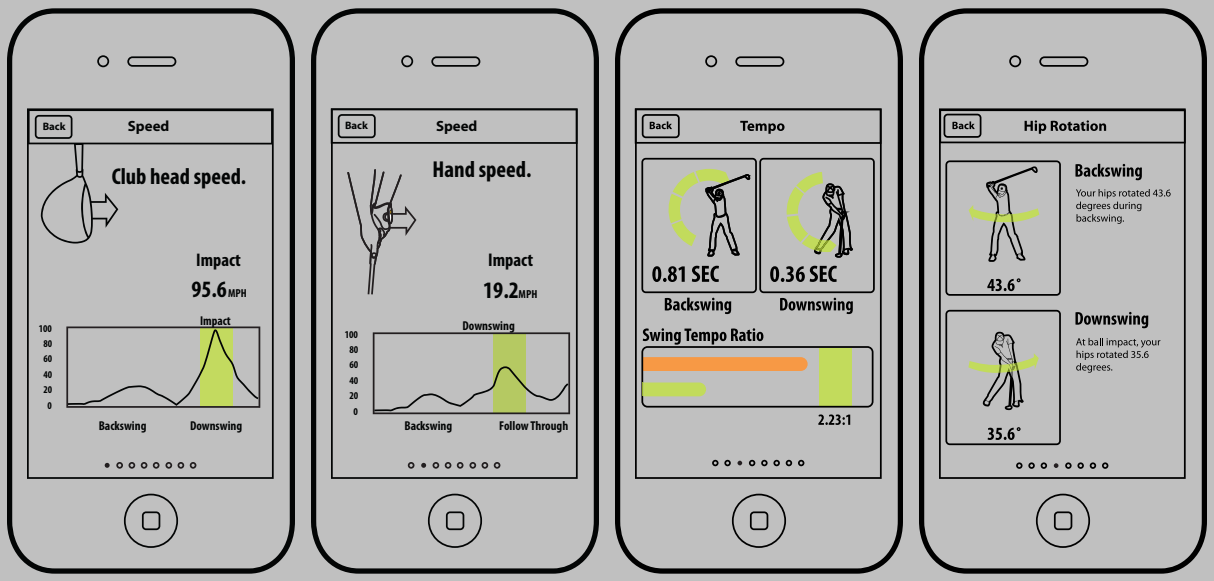
Tap to switch between viewing ***Downswing*** or ***Backswing***.



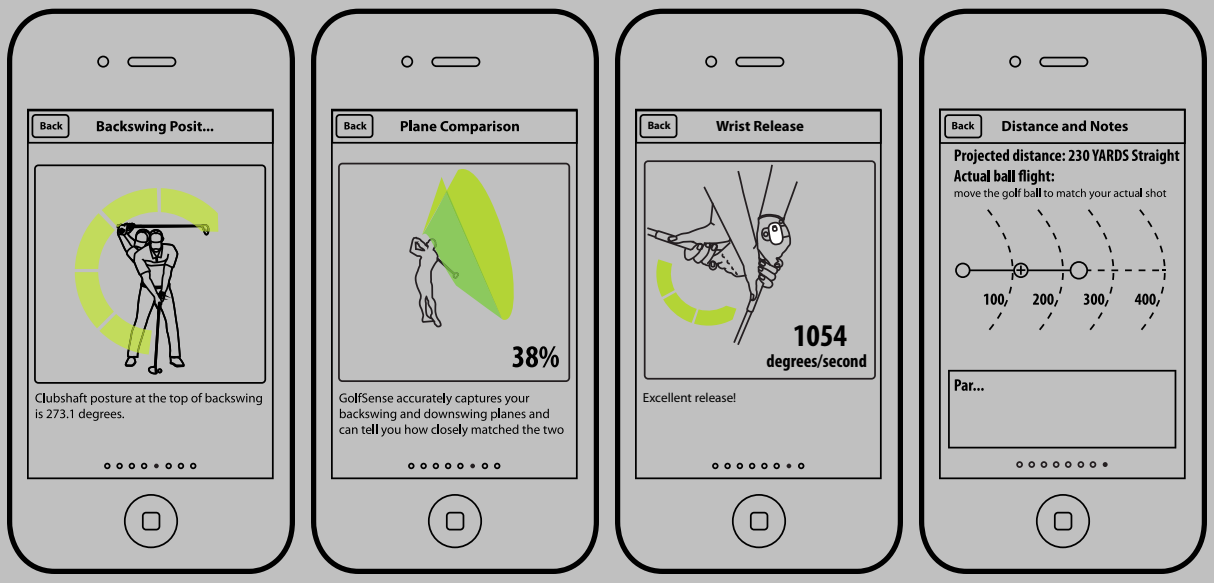
Tap to switch between reviewing *Front*, *Side "down the line"*, or *Back* swing views.

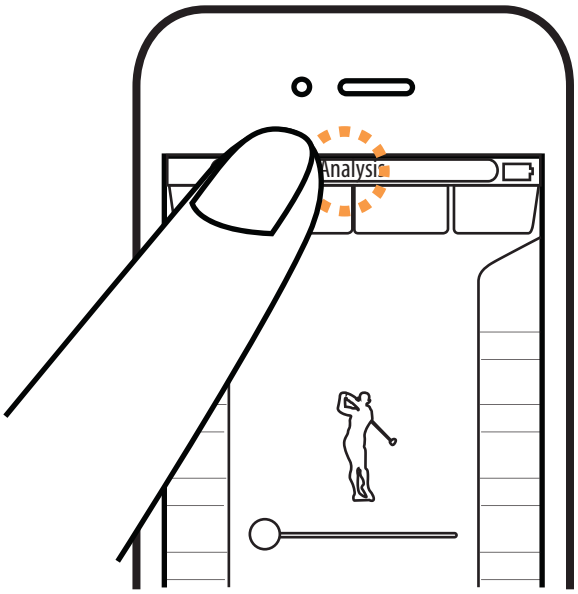
Pan, pinch to zoom the 3D golfer to see swing path from different angles.





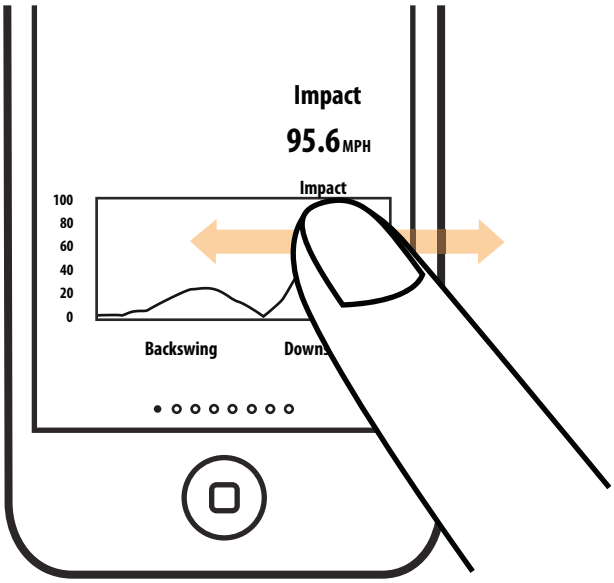
In Depth Swing Analysis Features



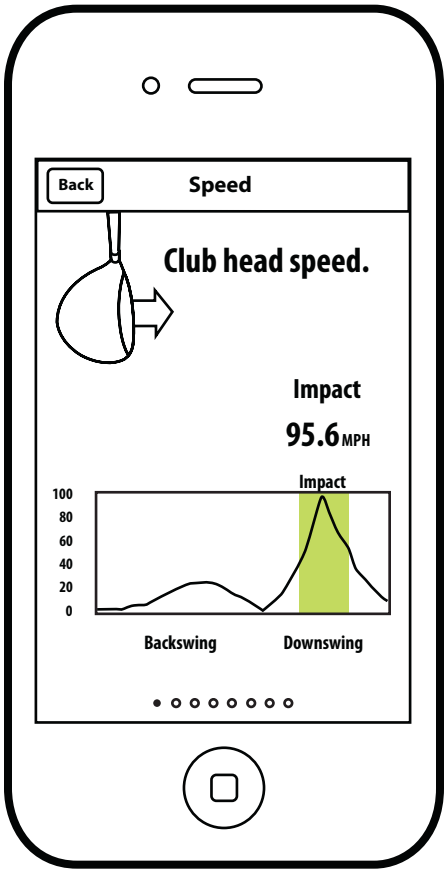


Tap *Analysis* to review swing detail.

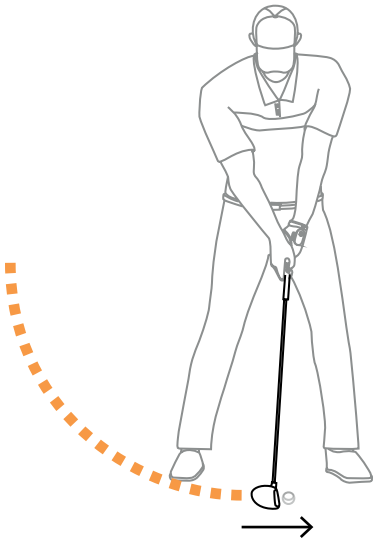
Swipe right to left to view more swing information.



Club Head Speed



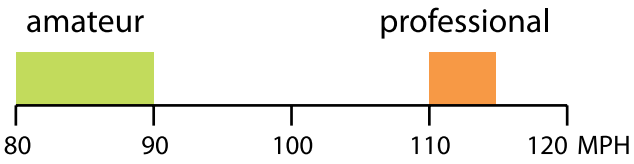
Club head speed is the measure, in miles per hour (MPH), of how fast your club head was traveling during swing.



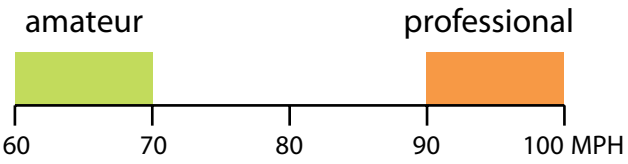
Impact

95.6MPH

The speed of the club at impact (the club actually slows down when you hit the ball).



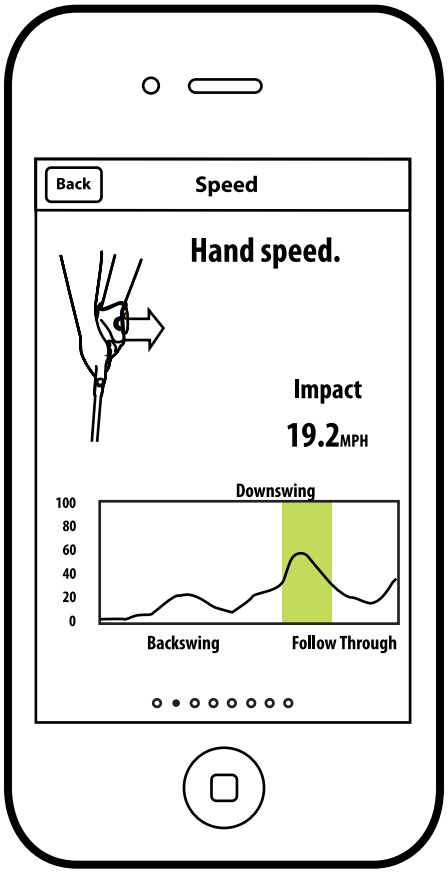
Typical driver club head speed (Male)



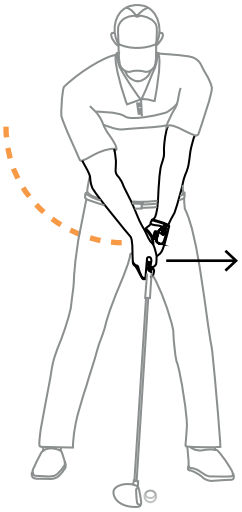
Typical driver club head speed (Female)

Quick Tip: Increase club head speed by making sure you make a full 270 degree backswing. (See Backswing position)

Hand Speed



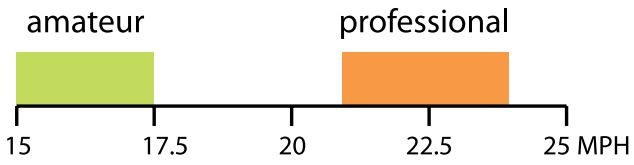
Hand speed is the measure, in miles per hour (MPH), of how fast your hands were traveling during your swing.



Impact

19.2MPH

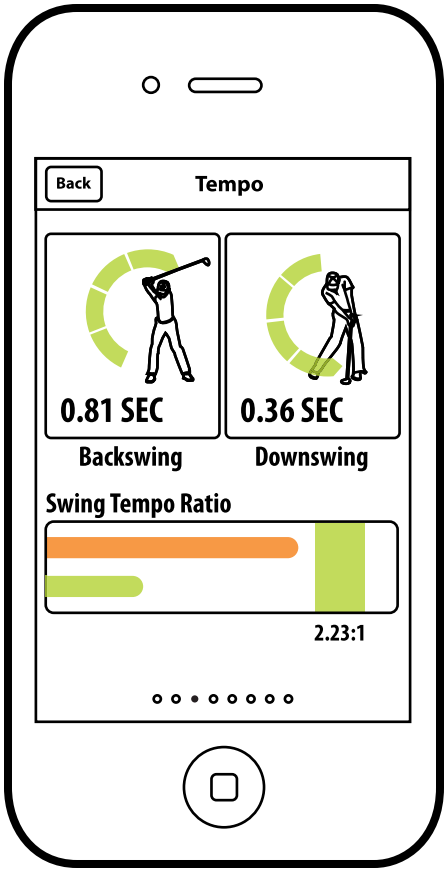
The speed of your hands at impact. (The club actually slows down when you hit the ball.)



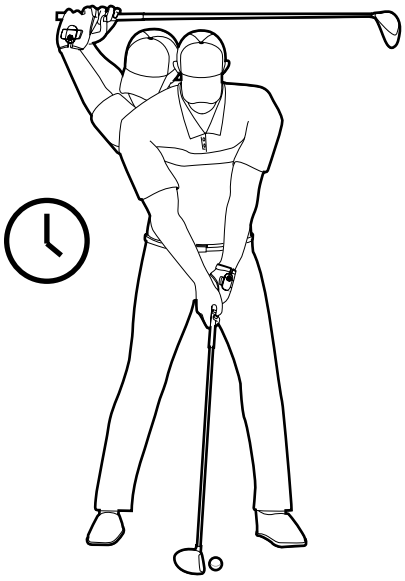
Typical hand speed.

Quick Tip: Good hand speed starts with a good grip with the right hand pressure. If you don't hold the club correctly, you will not get desired results.

Tempo



Tempo is the measure, in seconds, of your back swing versus your down swing.



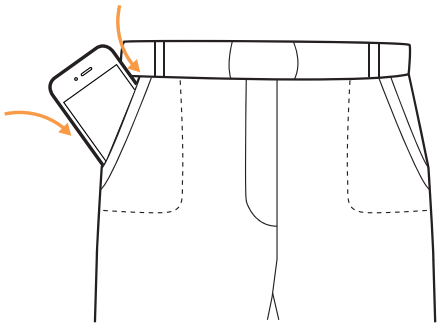
0.74 SEC **0.20 SEC**

A golf professional's average time for backswing is 0.74 seconds, with an additional 0.20 seconds for downswing to impact. (an ideal 3:1 ratio)

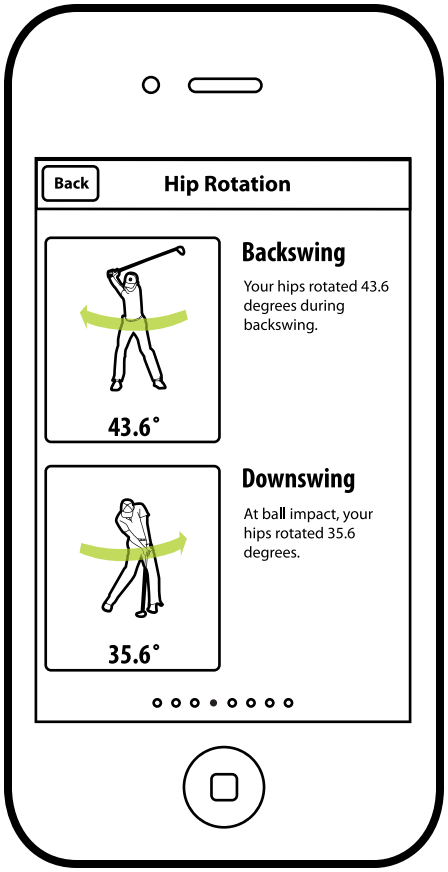
Quick Tip: Tempo in golf is often compared to a smooth musical beat. Great swings are said to contain a patter of sound but also movement. Like dancing, you can try a drill where you count in your head, "1...2...3..." on the backswing and "4" on the downswing.

For most beginners, good advice is to slow your backswing.

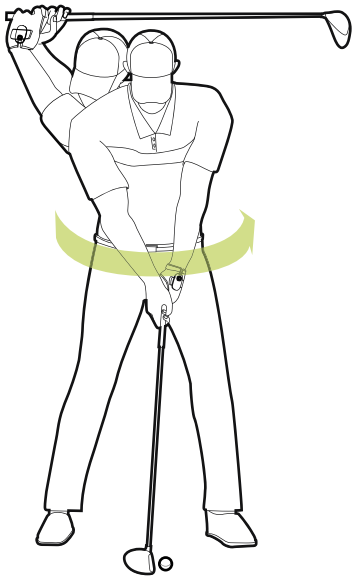
Hip Rotation

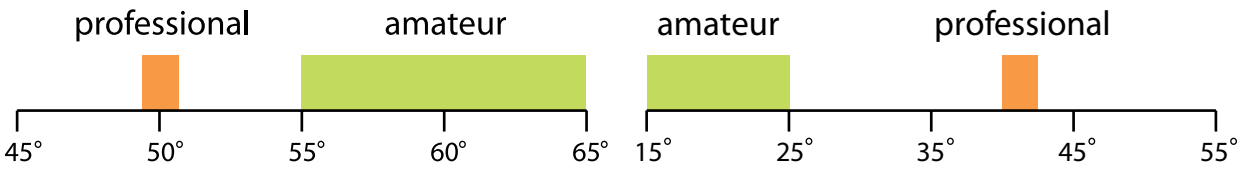


GolfSense uses the sensors in your iPhone to get data for hip rotation. ***Phone must be in your pocket.*** (Android compatibility coming soon.)



Hip rotation is the measure, in degrees, of your hips rotation during backswing and downswing.



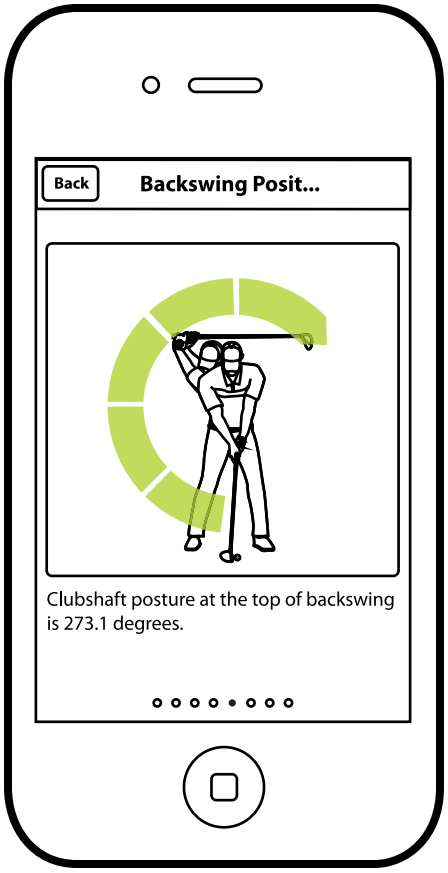


Hip rotation at top of backswing:
Professionals: 50 degrees
Amateurs: 55-65 degrees

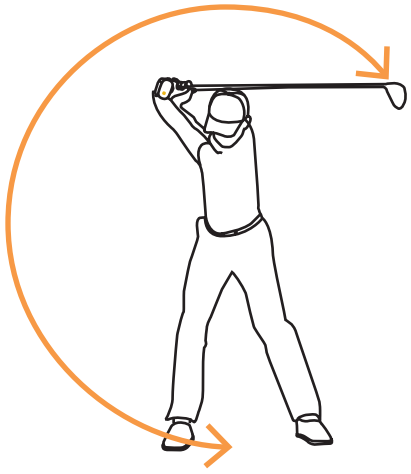
Hip rotation at impact:
Professionals: 42 degrees
Amateurs: 15-25 degrees

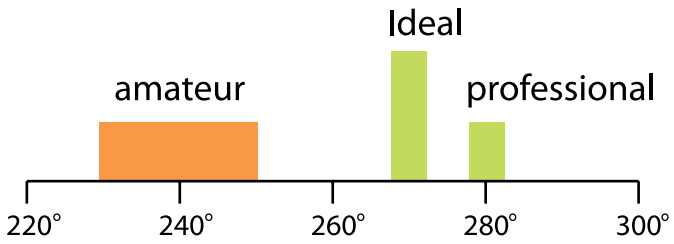
Quick Tip: Keeping a solid, bent right knee helps with a tight coil on the backswing. On the downswing, think of getting your belt buckle pointed at the target.

Backswing Position



Backswing Position is the measure, in degrees, of the club shaft between address and the top of backswing.



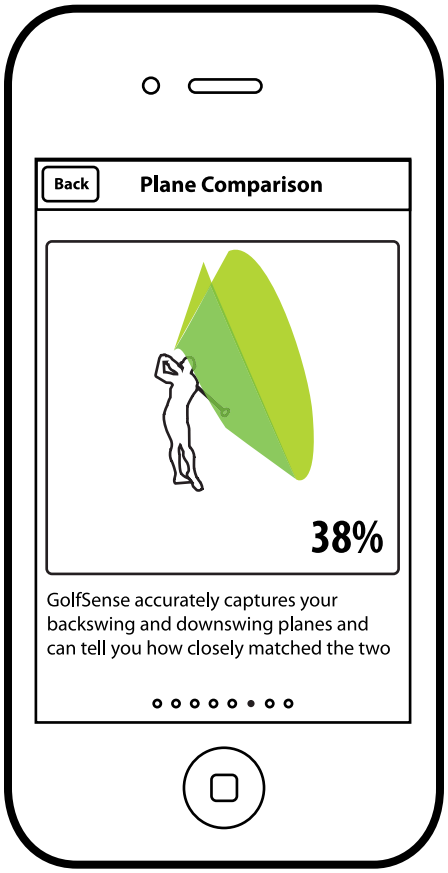


Backswing position:
Professional: 280 degrees
Amateur: 230-250 degrees
Ideal: 270 degrees

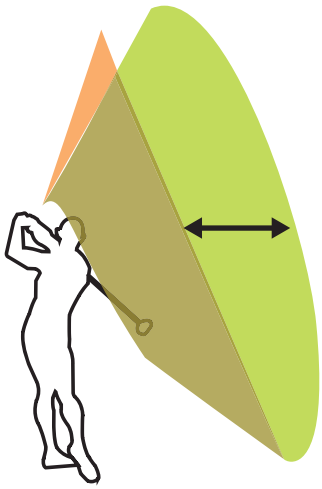
Quick Tip: For maximum desired speed results, it is important that you try to make as "big" as a backswing as possible. In turn, you also want to make sure you do not go past 270 degrees because it is is often hard to get back to the ball in good time.

Stretching and flexibility are good keys to a full backswing. Use a full length mirror as you watch your own swing; placing the club at 270 degrees.

Plane Comparison


Back
Plane Comparison
38%
GolfSense accurately captures your backswing and downswing planes and can tell you how closely matched the two

Plane Comparison is the measure, in percentage, of how closely your backswing plane matches your downswing plane.

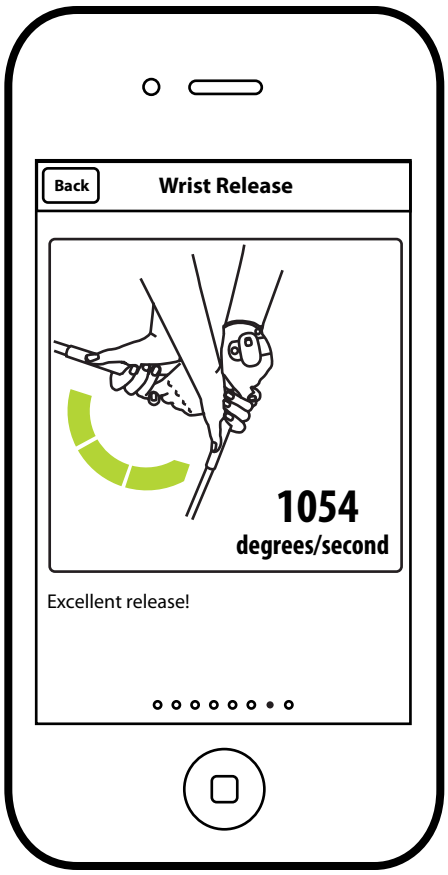


Quick Tip: When practicing at the range, work on staying under the plane. Try to target a spot on the inside of your golf ball when practicing.

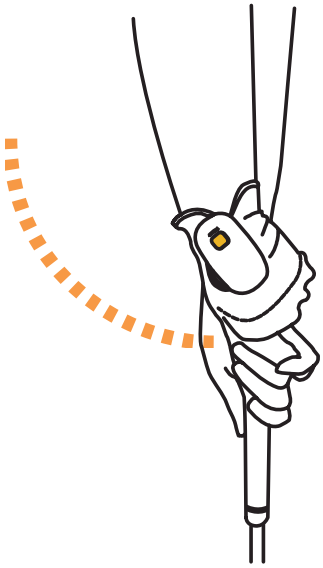
>95%

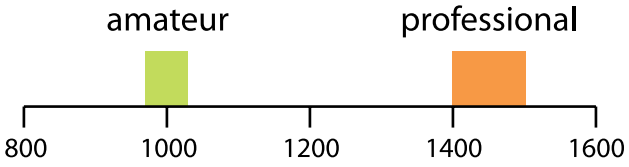
Most professionals are as 95-100% matching. Amateurs have a much harder time matching the backswing to the downswing.

Wrist Release



Wrist Release is the measure, in degrees per second, of how fast your writs and club shaft rotate just before impact.

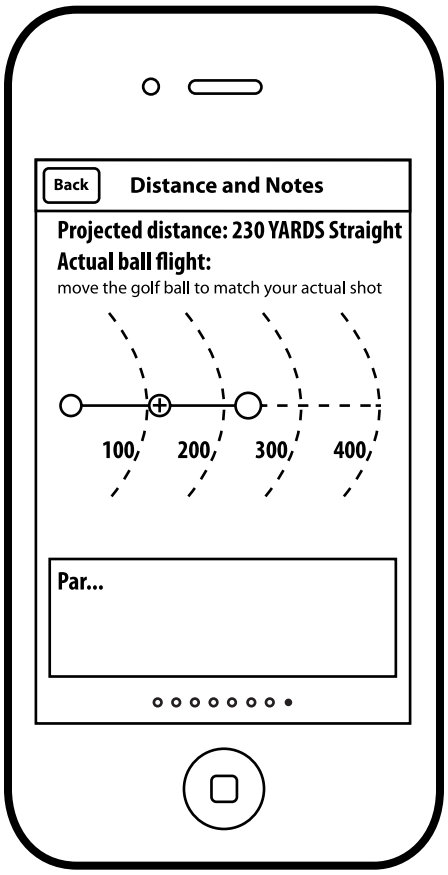




Wrist Release Speed (degrees per second) :
Professional: 1400-1500
Amateur: about 1000

Quick Tip: For maximum torque, you want to make sure that the club releases on the ball or at the point of impact.

Distance and Notes



GolfSense estimates the ***projected distance*** that the ball traveled.

Average distance for professional:

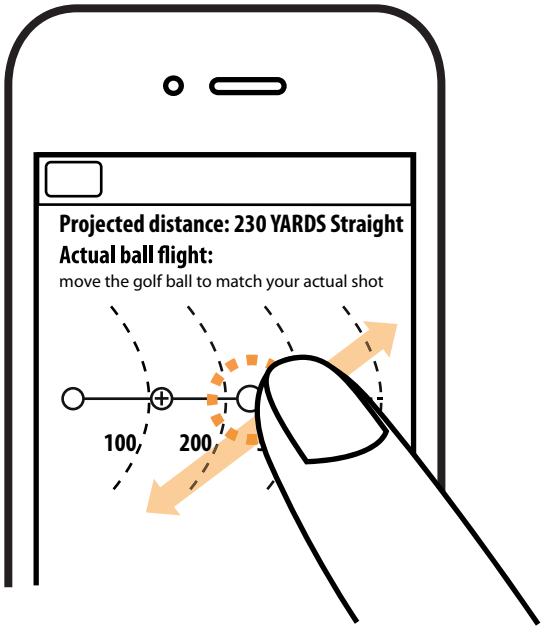
Male: Drive- 289 yards
7 Iron- 160 yards

Female: Drive - 246 yards
7 Iron - 160 yards

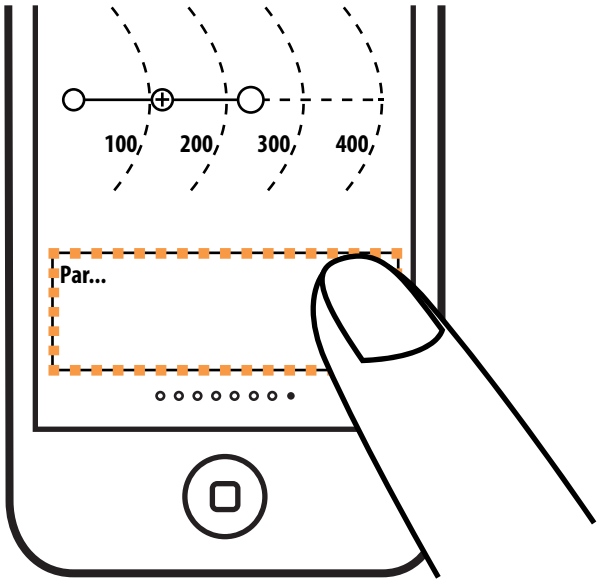
Amateurs: 15-25% less than above.

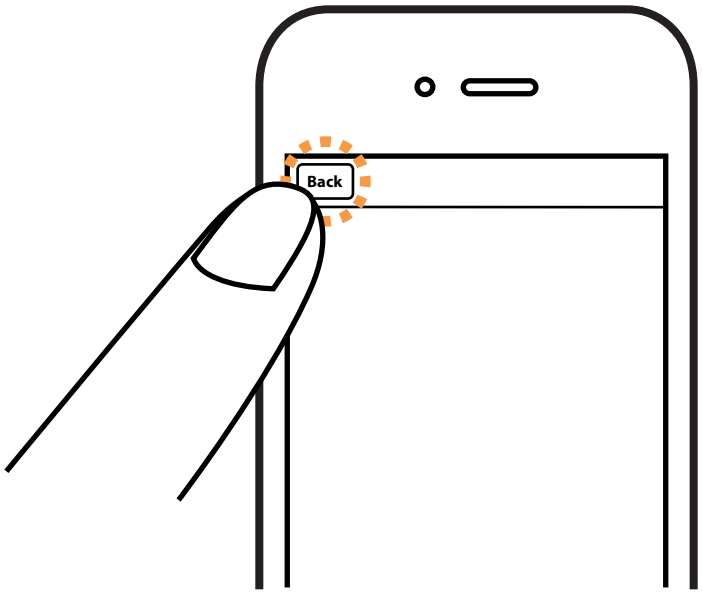
You can record the actual trajectory by dragging the dot around.

This is important to adjust so you have the accurate result in your swing history.



You can add notes to this swing.

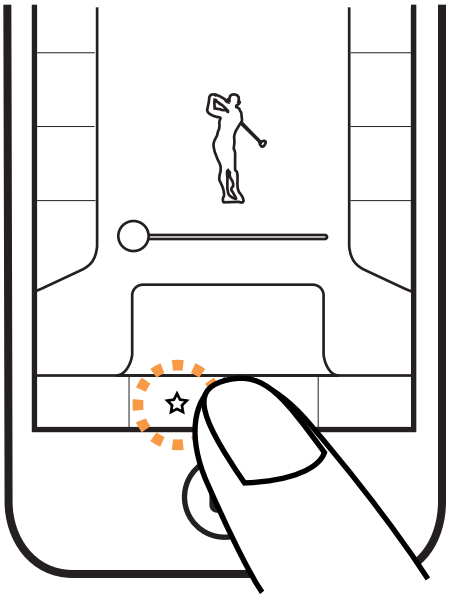




Back to Swing mode.

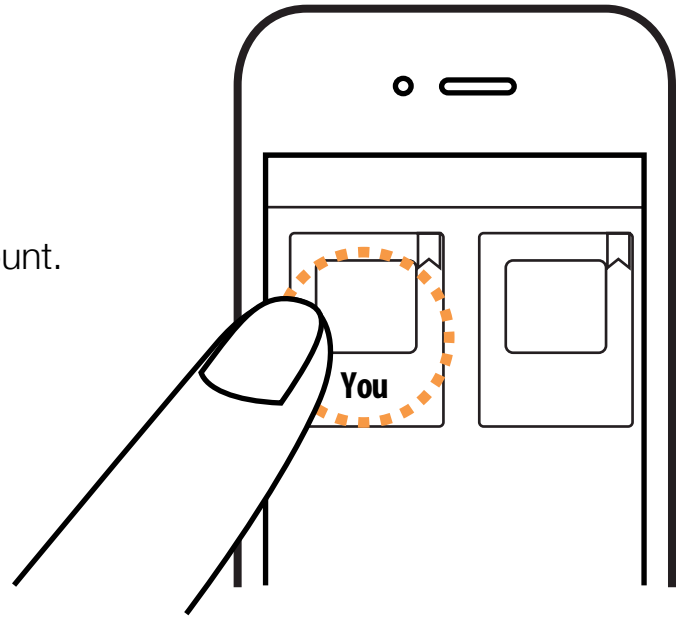
Swing History

Swing History

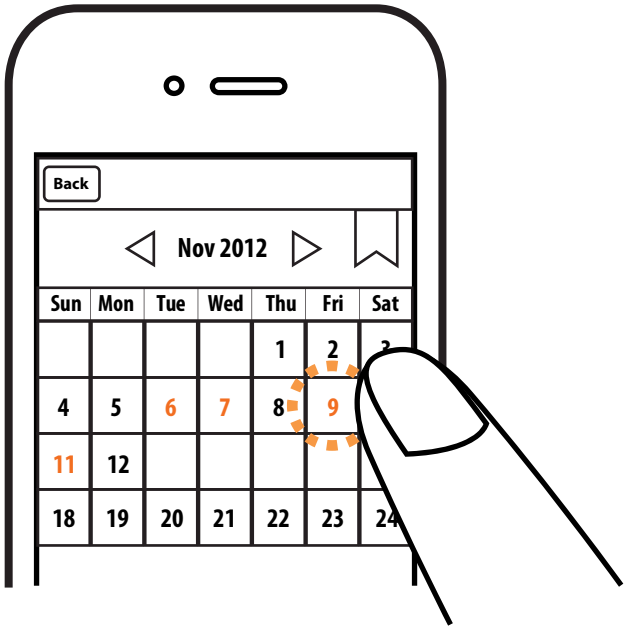


Tap *History*.

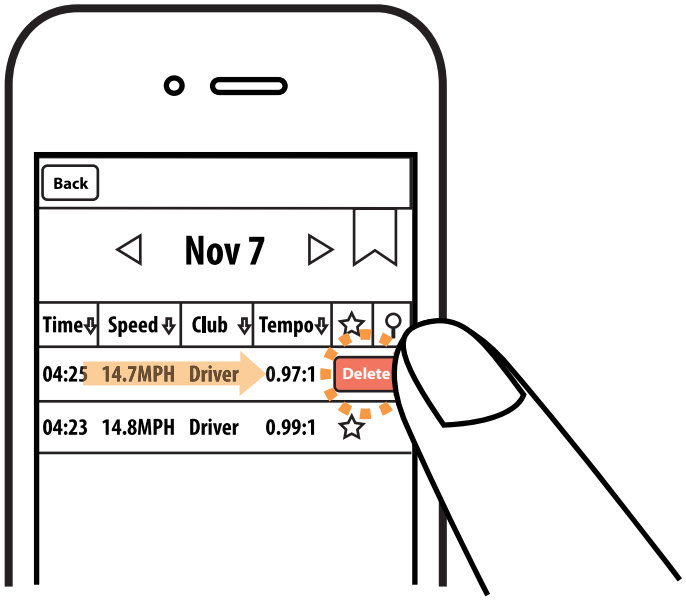
Tap your account.

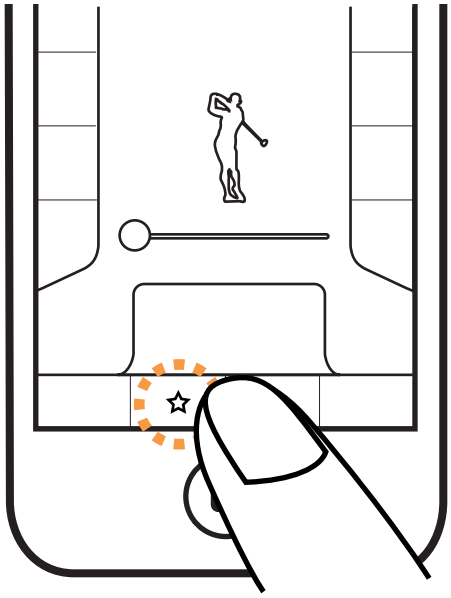


Select the date you have swing records.



Swipe left to right to *Delete* a swing.

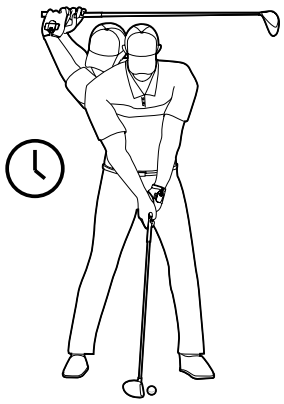




Tap ***History*** to go back to history list.

More info online:

GolfSense Community Forums



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support@golfsense.me